

Natural Healing Express Weekly

Column 318 Mediterranean Recipes, Part 2

Thank you for the great response to our previous Mediterranean recipes. This week, I will share a few more. Here is a fun salad that is sure to please the whole family. This one originates from Spain. There it is called Mzoura, or in the US, a carrot salad.

Ingredients = 1 pound of carrots (cut or julienned), 5 tbsp Olive Oil, 2 cloves minced garlic, 1 tsp of harissa mixed with 6 tbsp water, 1 tsp ground caraway, 1 tsp of sea salt, 1 tsp ground cumin, ¼ cup of wine vinegar, chopped fresh Italian parsley or fresh cilantro.

Bring a saucepan of three fourths full of salted water, add carrots and bring to a boil. Cook until tender.

In a saute pan, over low heat, warm the olive oil. Add garlic, harissa, caraway, salt, cumin and vinegar.

Stir for two minutes. Add drained carrots and cook at low heat for five minutes. Drain, transfer to a serving dish and garnish with parsley or cilantro.

This next one comes from Lebanon. Not always the top of the list for tourists, but they make a heck of a Daj Al Timman, or in English, A Roast Chicken with Rice Stuffing.

Ingredients = ¼ cup unsalted butter, plus 6 tbsps. unsalted butter, melted; 1 onion finely chopped, ½ cup long grain rice (also called a scant), ¼ cup blanched slivered almonds, toasted, 3 tbsps. raisins, plumped in hot water and drained, ½ tsp ground allspice, 1 cup water, sea salt and pepper to taste, 1 roasting chicken, honey or ground cinnamon.

In a saucepan over medium heat, melt the ¼ cup butter. Add the onion and sauté until tender and translucent, approximately 8-10 minutes. Add the rice and almonds and sauté for 3 minutes. Add raisins, allspice and water then bring to a boil. Cover, reduce the heat to low and cook until the water is absorbed, approximately 15 minutes. Season to taste with salt and pepper and allow to cool.

Meanwhile, preheat oven to 375 degrees. Pat the chicken dry and sprinkle inside and out with sea salt and pepper. Stuff the rice mixture into the cavity and skewer closed. Place the chicken on a rack, breast

side up, in a roasting pan. In a small bowl, stir together melted butter, salt, pepper and a little honey, cinnamon or allspice per your personal taste.

Roast the chicken, basting occasionally with the butter mixture, until golden brown and tender and the juices run clear when the chicken is pierced at the thigh joint, approximately 1 and ½ hours. Transfer to a warmed platter and let rest for several minutes. Remove the stuffing, carve and serve.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural

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